

Ditto's

Keep Safe Adventure Program

WHAT YOUR CHILD WILL LEARN

We all want our kids to be safe.

Ditto's Keep Safe Adventure makes learning about personal safety fun and engaging with songs, dance, and our lovable lion cub, Ditto. Your child will gain important safety skills with the guidance of our trained educators.





A message from Bravehearts' CEO



Dear Parent/Carer,

Bravehearts' personal safety education program, Ditto's Keep Safe Adventure show will soon be visiting your child's school or early learning centre.

Ditto's Keep Safe Adventure Show is age appropriate, interactive, entertaining, thoughtful and engaging. Ditto, the star of the show, along with a trained educator, bring children on a fun journey of personal safety through music and relatable characters.

Ditto's Keep Safe Adventure Program has been developed with oversight from Australia's leading child protection and development experts, researchers, as well as educators, parents and carers. Importantly, Ditto's Keep Safe Adventure Program is aligned to the Australian Curriculum and the Early Years Learning Framework.

At Bravehearts, our Mission is to provide a coordinated and holistic approach to the prevention and treatment of child sexual abuse. Ditto's Keep Safe Adventure show is an important component of this prevention model.

All children have the right to feel safe. By supporting your child with this program, you are playing a critical role in your community to help protect children.

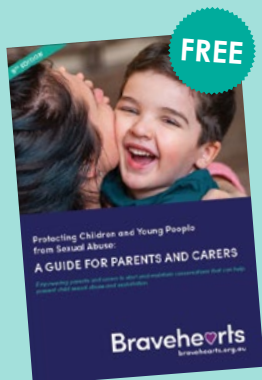
This guide provides parents/carers with important information about the show. This program is not a sex education program. The program also helps children with bullying, empowering them to recognise and respond to unsafe situations.

For further information about this program, please contact our Education team via email at education@bravehearts.org.au.

We look forward to sharing Ditto's Keep Safe Adventure Program with you and your child!

Kind regards,

Alison Geale
CEO, Bravehearts Foundation



Download Bravehearts' Personal Safety Guide for Parents and Carers

This booklet will provide you with ideas and advice on how to talk to your child or young person about keeping safe. Includes information about online safety, how to recognise and report harm, as well as activities for young children.

Or visit: bravehearts.org.au

What are the facts?



More than **1 in 4 Australians** (28.5%) have experienced child sexual abuse.

Haslam D, et al (2023).



In more than half of cases (approximately 52%), the **onset of child sexual abuse** is from 0 to 8 years.

McElvanay, et al (2020).



1 in 8 children have sent a photo or video of themselves to someone they first met online.

Office of the eSafety Commissioner, 2022

What will children learn?

Delivered by specially trained educators, the show duration is 30 to 40 minutes, depending on the age group (shorter show for younger children). An evaluation of the Ditto Show suggests the principles of personal safety embedded in the program can help to increase resilience and reduce the risk of child sexual abuse, as well as other forms of abuse including family violence and bullying.

Bravehearts' Ditto's Keep Safe Adventure Show is underpinned by the following principles of personal safety:

- Differentiating safe and unsafe feelings
- Recognising the body's warning signs
- Body ownership and that it is ok to say no
- Helping children name public and private parts using anatomically correct names
- Reinforcing that there is no secret that children cannot tell someone
- What to do if children feel unsafe or unsure

Bravehearts aims to teach children these essential principles through a behaviour approach to content delivery, interactive games, and catchy, age-appropriate songs.



DITTO'S 3 RULES FOR KEEPING SAFE

The children are introduced to Ditto's 3 rules, which involve being able to recognise, react and report, to ensure they feel empowered with the knowledge of personal safety.



RULE 1

We all have the right to feel safe with people.

This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.



RULE 2

It's ok to say NO if you feel unsafe or unsure.

This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.



RULE 3

Nothing is so yucky that you can't tell someone about it.

One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

What will children learn?



Helping children name public and private parts using anatomically correct names

Bravehearts ensures that all of our programs are evidence-based. Research shows that children who know the proper names for their private body parts are less likely to suffer sexual abuse¹.

Ditto's Keep Safe Adventure Program uses anatomically correct names for body parts. The body parts named in the school show are vulva, vagina, penis, scrotum, buttocks, nipples and mouth.

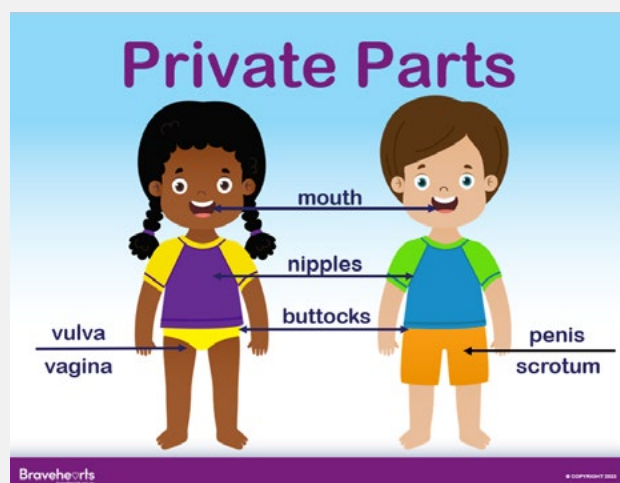
This helps children to develop body confidence, decrease their vulnerability and increase their resilience. Importantly, their inclusion also helps to remove the shame and secrecy historically attached to the use of these words.

In the program, these words are simply introduced as part of learning about private body parts—just like how we talk about public body parts, like elbows or feet. We keep it age-appropriate and don't focus on the details or functions.

¹Kerr, K. (2022). [Private Body Parts: Why, when & how to start the conversation](#).

Schiedel, B. (2021) [This is how you talk to kids about their private parts](#).

Trew, S., Russell, D. H., Higgins, D. J., & Walsh, K. (2021). [Effective delivery methods and teaching strategies for child sexual abuse prevention: A rapid evidence check](#). Institute of Child Protection Studies, Australian Catholic University.



An example of how private parts are presented in the Lower Primary Show.

What is a Safety Team

Children are empowered to create their own safety team. A safety team is a group of up to 5 adults that the child can go to if they ever feel unsafe or unsure.

A safety team consists of adults that the child can trust. An adult that believes them, listens to them and wants to help. These should be adults both inside and outside of your family that the child can go to if they ever feel unsafe or unsure.

There are many factors to consider when identifying 'safe' people however, to explain the methodology used in the show, we base this heavily around children's emotional literacy. Emotional literacy is all about feelings. Including identifying and recognising different kinds of feelings and 'how' to manage your feelings. The show presents tools to help young children begin to recognise when they could be in an unsafe or unsure situation and importantly, what to do next to gain help.

An example of a safety team.



Each child will receive an activity booklet which is full of fun and engaging activities.

Need support or advice?

For support and advice regarding child sexual abuse, phone Bravehearts' **FREECALL Information and Support Line on 1800 272 831** (Mon to Fri, 8:30am – 4:30pm AEST) or visit **bravehearts.org.au**



FAQs

Why does my child need to see this program?

Educating children from a young age to recognise when they feel unsafe or unsure can assist in the process of reporting and gaining the support they need to protect them from harm.

The skills acquired through this program can also be applied to other scenarios that cause children to feel unsafe or unsure (examples include bullying, domestic violence, and respect for privacy). The show also teaches them to be resilient and to keep on trying to seek the assistance they need to be safe.

What age is just too young to see the Ditto's Keep Safe Adventure Show?

Bravehearts' Ditto's Keep Safe Adventure Show – Early Years has been developed as the introduction to personal safety education starting at three years old. Children below the age of three may not be able to retain or fully understand the concepts presented. We recommend the gradual use of stories, posters, and/or songs for much younger children to introduce concepts one at a time.

Is this sex education?

Bravehearts' Ditto's Keep Safe Adventure Program does not involve sex education. The Show presents safety strategies that lead children to seek the appropriate assistance if or when they feel unsafe.

The show includes identifying the private parts of the body and body ownership as part of the process but at no point is the word 'sex' referred to or 'sexual intercourse' explored or explained.

How will my child be empowered by the Ditto Show?

Children will be empowered by the tools that are presented to help them recognise the difference

between safe and unsafe feelings and what to do to gain assistance.

The following content is stepped through to assist this process:

- Recognition of feelings
- Recognition of warning signs
- Body ownership
- Understanding secrets and that nothing is so yucky you can't tell someone about it
- Who to tell when you need help

One of the main aims of the show is to encourage young children to develop a Safety Team and to realise it is OK to ask for help when they feel unsafe or unsure.

How to talk to your child about personal safety

Speaking with your child about personal safety should not be a one-off conversation. Rather, create opportunities that allow talking about personal safety to be part of an ongoing dialogue between you and your child. Always let your child know you are there for them, and keeping them safe is your number one priority.

It is recommended that you teach your child the correct language for their private parts. Emphasise that those parts are private and belong to them.

Try not to scare or alarm your child. Speak calmly and confidently, keeping a neutral, natural tone, ensuring that you allow time for your child to process the information and ask questions. Never make them feel ashamed or embarrassed about sexuality or body parts.

Continue the conversation at home

Bravehearts' Ditto's Keep Safe Adventure Program personal safety resources have been developed to help empower young children with essential personal safety skills, including body ownership, consent, eSafety, recognising and reporting safe and unsafe feelings and identifying a safety team of trusted adults.

online
courses
from
\$39

Industry-leading Child Protection Training

Bravehearts offers industry-leading self-paced online child protection training, helping parents/carers, educators, organisations and institutions create and maintain protective and child-safe environments.



INTRODUCTION TO CHILD PROTECTION

This self-paced online course will provide parents and carers with an overview of child protection and an understanding of child abuse prevalence, impact, risks, and action required.

Visit
braveheartsllearning.org.au or

for more information on on
Bravehearts' courses

\$50
book
set

Ditto's Keep Safe Adventure Book Series

Set of 5 Story Books About Personal Safety

Featuring Ditto's friends, Frankie, Watson, Belle, Sam and Georgia, this wonderful five-book series explores these vital personal safety topics across the five titles: feelings, warning signs, our body, eSafety and trust.

Available at
bravehearts.org.au



Ditto's Keep Safe Adventure songs are
available to stream on Spotify, YouTube
Music & Apple Music!



Spotify



Apple Music



YouTube Music

Learn more with Ditto's Keep Safe Adventure Game.

FREE



Ditto's Keep Safe Adventure Game brings to life latest research from child protection experts through scenarios and games which help children learn strategies to keep safe. It enables children to learn personal safety in a non-confrontational and enjoyable way. Each scenario is underpinned by Ditto's 3 Keep Safe Rules.



Available for **FREE** on
Google Play and the App Store



Available on the
App Store



GET IT ON
Google Play

